



The Larder presents...

PINEAPPLE & CHICKPEA CURRY



PREP: 20min
COOK: 30min



SERVES: 4

*This recipe contains one handful of fresh fruit or veg = 1 portion of your 5 a day

YOU WILL NEED:

INGREDIENTS:

- 1 Tbsp Sunflower Oil
- 1 Onion peeled and sliced
- 1 Tbsp Mild Curry Powder
- 1 Tbsp Flour
- 1x200G can Pineapple chunks in juice
- 1x400G can Chickpeas (drained)
- 1/2 a cup Raisins or Sultanas
- 300ml (1/2 Pint) Milk
- 1 Eating Apple peeled, cored and chopped
- Salt to taste

TO SERVE:

- 2 Cups Rice (to serve)
- 4 Cups Water (to boil)

YOU WILL NEED:

EQUIPMENT:

- Cup (for measuring)
- Tablespoon (Tbsp)
- Saucepan for cooking curry
- Chopping Board
- Sharp Knife
- Wooden Spoon
- Veg Peeler (optional)
- Saucepan for cooking rice
- Hob

REMEMBER:

Always **wash your hand** thoroughly before touching and preparing ingredients.

METHOD:

1. **ALWAYS START BY - Washing your hands thoroughly**
2. Gather **all equipment and ingredients together**
3. **Prepare the ingredients** (slice the onion, peel, chop and remove the apple core, drain water from the tin of chickpeas)
4. Turn the **hob** to a **medium heat** and place **saucepan over the hob**
5. **Pour oil** into the **saucepan** and **heat the oil slowly**
6. **Add onion gently to the hot oil in saucepan** (CAREFUL NOT TO SPLASH OIL)
7. **Gently fry the onion for 5 minutes** until **soft and translucent in colour**
8. **Add curry powder and flour to the onions and stir** (continually to stop sticking)
9. **Cook on a low heat for 1 minute**
10. **Add the pineapple juice slowly and mix to a smooth paste**
11. **Add chickpeas (drained), raisins, pineapple chunks, apple and milk**
12. **Bring to the boil, cover the saucepan and simmer for 20 minutes**

TO COOK RICE:

13. While the curry is simmering **place another saucepan on the hob (medium heat)**
14. **Add 4 cups of boiled water and place rice in the saucepan**
15. **Place a lid on the saucepan and simmer for 10 minutes** – you are looking to see if the rice has absorbed all of the water. If the rice starts to stick add more water if required.

LARDER TOP TIP:

- Make up a large batch of this curry and keep in the fridge for up to 3 days for more meals, or freeze in portions for up to 3 months.
- You could serve it with spaghetti or noodles to make a change from rice

***Allergy Statement: "Recipe items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK."**

NUTRITION KNOW HOW:

Chick peas are a source of protein. Wholemeal or basmati rice will provide a source of slow-releasing energy.

1. What other pulses are a good source of protein? Why?

LIKE AND TAG @LARDER

- **Video** or **Photograph** your answer along with **YOU** and **THE FOOD** you have made today.
- **Like The Larder on Facebook and Instagram**
- **Upload** your photo/video and **tag @larder**
- **Click** on The **Larder logo** to **TAG US** and **YOU**
- **Add the following hashtags #CookingForOurCommunity**
- **#EasterKidsInTheKitchen #TheLarder #Cooking #Nutrition**

WINNER TO BE ANNOUNCED FOR BEST PHOTO/VIDEO

